

## IPS CORE TRAINING (5 DAYS)

Our Core Training is an extensive overview of the IPS framework and is designed to have you practicing right away. In a highly interactive environment, participants learn the IPS tasks and principles, examine assumptions about who they are, and explore ways to create mutual relationships where power is negotiated, co-learning is possible, and support goes beyond traditional notions of 'service'. Our Core Training is for anyone interested in mutual support and has been widely used as a foundation training for people working in both traditional and alternative human services settings.

## ADVANCED TRAINING (3 DAYS)

After a Core Training, lots of questions emerge—most commonly, “How do I make this stuff work in my particular environment?” Our 3-day Advanced Training deepens IPS practice, plays out the principles and tasks using real-life scenarios, enhances ways of building mutual connections, and teaches participants the art of Co-Reflection. Here we also focus on crisis as an opportunity to connect, maintain mutuality, and build a culture of healing. The Advanced Training can be customized to your organization's needs.

## TRAIN-THE-TRAINER (5 DAYS)

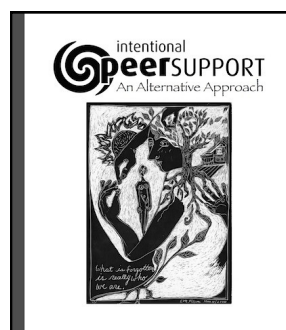
Through our Train-the-Trainer course, we've designated hundreds of IPS enthusiasts to teach the full content of our Core Training where they work. Having IPS trainers at your organization ensures IPS is sustainable and evolving.

**We also offer Introductory, Refresher, and other Advanced Trainings, and can customize trainings to suit your area's needs. Please contact us.**

# IPS Resources

Our website includes books, articles, videos, and additional information about IPS:

[www.intentionalpeersupport.org](http://www.intentionalpeersupport.org)



## INTENTIONAL PEER SUPPORT: AN ALTERNATIVE APPROACH

By Shery Mead  
Updated 2017  
189 pages

Available on our website

A central part of our Core Training, this innovative curriculum and extensive workbook details the difference between peer support and other helping practices. It includes appendices for warmlines, peer-run crisis programs, resources for peers working in the system, and more.

## Contact Us



IPS Management Team

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From Helping to Learning  
From Individual to Relationship  
From Fear to Hope & Possibility



“As peer support in mental health proliferates, we must be mindful of our intention: social change. It is not about developing more effective services but rather about creating dialogues that have influence on all of our understandings, conversations and relationships.”

Shery Mead, founder of IPS

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## What is Intentional Peer Support?

Intentional Peer Support (IPS) is a way of thinking about and inviting powerful, transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things.



Artwork by Beth Filson

At the end of the day, it is really about building stronger, healthier, interconnected communities.

## IPS is unique from traditional human services because:

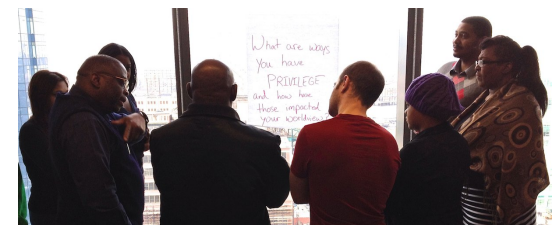
- **IPS relationships are viewed as partnerships** that invite and inspire both parties to learn and grow, rather than as one person needing to 'help' another.
- **IPS doesn't start with the assumption of a problem.** With IPS, each of us pays attention to how we have learned to make sense of our experiences, then uses the relationship to create new ways of seeing, thinking, and doing.
- **IPS promotes a trauma-informed way of relating.** Instead of asking "What's wrong?" we learn to ask "What happened?"
- **IPS examines our lives in the context of mutually accountable relationships and communities**—looking beyond the mere notion of individual responsibility for change.
- **IPS encourages us to increasingly live and move towards** what we want instead of focusing on what we need to stop or avoid doing.

"IPS is about conversation. It's about how we know, how we create new "knowing" through dialogue, and about how we as human beings interrelate by beginning to practice the art of connection—with ourselves, the people in our lives, and the people on the planet we may think we have nothing in common with. For me, it is a practice that has no right or wrong. It is always in flux; much like improvisation in music. It is a process of experimentation and co-creation. It assumes that we "play" off each other and create ever more interesting and complex ways of understanding. We see it as a tool for keeping the world on its toes, becoming more comfortable with less predictability as we become less reactive to fear. In other words, it is not another practice that presumes to have the answers but instead, it aims to generate good questions."

## Trainings in IPS

*"If I had only a single training to send staff, it would be IPS without hesitation. A must for anybody currently in this field or aspiring to be. To characterize it as a training is a disservice. It was a life-changing event."*

- Jack Bennett, Regional Director, Hudson Valley Recovery Center



*"A life-changing, perspective-altering, mind-opening experience. I now have the tool kit I instinctively knew I needed."*

- Llewellyn Cumming, Regional Recovery Specialist